

**WHAT IS CLAIMED IS:**

1. A topical composition, comprising:

at least one plant ingredient selected from the group consisting of *Gynostemma*, coconut water, *Azadiracta*, and *Rhodeola*; and

a pharmaceutically or cosmetically acceptable vehicle, wherein when the plant ingredient is from *Azadiracta* seed, the composition further includes at least one other ingredient selected from the group consisting of *Gynostemma*, coconut water and *Rhodeola*.

2. The composition of claim 1, wherein the at least one plant ingredient is present in an amount about 0.0001 wt% to about 50 wt% of the total weight of the composition.

3. The composition of claim 1, wherein the at least one plant ingredient is present in an amount about 0.001 wt% to about 10 wt% of the total weight of the composition.

4. The composition of claim 1, wherein the at least one plant ingredient is present in an amount about 0.01 wt% to about 5 wt% of the total weight of the composition.

5. The composition of claim 1, wherein the at least one plant ingredient is present in an amount about 0.1 wt% to about 3 wt% of the total weight of the composition.

6. The composition of claim 1, wherein the at least one plant ingredient is *Gynostemma*.

7. The composition of claim 6, wherein *Gynostemma* is present in an amount about 0.001 wt% to about 10 wt% of the total weight of the composition.

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8. The composition of claim 1, wherein the at least one plant ingredient is coconut water.

9. The composition of claim 8, wherein the coconut water is present in an amount about 0.001 wt% to about 10 wt% of the total weight of the composition.

10. The composition of claim 1, wherein the at least one plant ingredient is neem seed cell culture or its extract present in an amount about 0.001 wt% to about 10 wt% of the total weight of the composition.

11. The composition of claim 1, wherein the at least one plant ingredient is *Rhodeola*.

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12. The composition of claim 11, wherein *Rhodeola* is present in an amount about 0.001 wt% to about 10 wt% of the total weight of the composition.

13. The composition of claim 1, wherein said plant ingredients are *Gynostemma*, coconut water, *Azadirachta* and *Rhodeola*.

14. The composition of claim 1, wherein the vehicle is one or more ingredients selected from the group consisting of aqueous systems, glycerin, C<sub>1-4</sub> alcohols, fatty alcohols, fatty ethers, fatty esters, polyols, glycols, vegetable oils, mineral oils, liposomes, laminar lipid materials,

silicone oils, water, and any combinations thereof.

15. The composition of claim 1, wherein the composition is in a product form selected from the group consisting of an aerosol spray, cream, emulsion, solid, liquid, dispersion, foam, gel, lotion, mousse, ointment, powder, patch, pomade, solution, pump spray, stick, and towelette.

16. The composition of claim 1, wherein the plant ingredient is selected from the group consisting of *Gynostemma*, coconut water, and *Rhodeola*.

17. A method of improving the aesthetic appearance of skin, hair and/or nails, comprising topically applying to the skin, hair and/or nail a cosmetically effective amount of the composition of claim 1.

18. The method of claim 17, wherein the improvement is at least one improvement selected from the group consisting of reduction in dermatological signs of chronological aging, hormonal aging and/or photo-aging; reduction in skin fragility; reduction in pore size; prevention and/or reversal of loss of collagen and/or elastin; ameliorating the effects of estrogen imbalance; prevention of skin atrophy; prevention and/or reduction in appearance of lines and/or wrinkles; prevention, reduction and/or treatment of hyperpigmentation; improvement in skin tone, radiance, clarity and/or tautness; prevention, reduction, and/or amelioration of skin sagging; promotion of anti-oxidant activity; improvement in skin firmness, plumpness, suppleness and/or softness; improvement in procollagen and/or collagen production; improvement in skin texture

and/or promotion of retexturization; improvement in skin barrier repair and/or function; improvement in appearance of skin contours; restoration of skin luster and/or brightness; minimization of dermatological signs of fatigue and/or stress; resistance to environmental stress; replenishment of ingredients in the skin decreased by aging and/or menopause; improved communication among skin cells; increase in cell proliferation and/or multiplication; increase in skin cell metabolism decreased by aging and/or menopause; retardation of cellular aging; inhibition of enzymes in the skin that accelerate aging of skin cells; minimization of skin dryness and/or improvement in skin moisturization; minimization of skin discoloration; promotion and/or acceleration of cell turnover; enhancement of skin thickness; increase in skin elasticity and/or resiliency; enhancement of exfoliation; prevention and reversal of loss of glycosaminoglycans, collagen and/or elastin; improvement in microcirculation; decrease and/or prevention in cellulite formation; and reduction in acne formation; and any combinations thereof.

19. The method of claim 17, wherein the improvement is at least one improvement selected from the group consisting of: reduction in dermatological signs of chronological aging, hormonal aging and/or photo-aging; prevention and/or reduction in appearance and/or depth of lines and/or wrinkles; improvement in skin tone, radiance, clarity and/or tauntness; improvement in skin firmness, plumpness, suppleness, and/or softness; and improvement in skin texture and/or promotion of retexturization; and any combinations thereof.

20. The method of claim 17, wherein the improvement is at least one improvement selected from the group consisting

of minimization of dermatological signs of fatigue and/or stress; resistance to environmental stress; resistance to skin breakouts; resistance to pollution and/or temperature changes; minimization of skin dryness and/or improvement in skin moisturization; increase in skin elasticity and/or resiliency; and ameliorating the effects on skin of pollution, skin breakouts, temperature changes and/or solar radiation; and any combinations thereof.

21. The method of claim 17, wherein said composition has *Gynostemma*, coconut water, *Azadiracta*, and *Rhodeola*.

22. A method of improving the aesthetic appearance of skin, hair and/or nails, comprising topically applying to the skin, hair and/or nail a cosmetically effective amount of the composition of claim 16.

23. The method of claim 22, wherein the improvement is at least one improvement selected from the group consisting of minimization of dermatological signs of fatigue and/or stress; resistance to environmental stress; resistance to skin breakouts; resistance to pollution and/or temperature changes; minimization of skin dryness and/or improvement in skin moisturization; increase in skin elasticity and/or resiliency; ameliorating the effects on skin of pollution, skin breakouts, temperature changes and/or solar radiation; and any combinations.

24. The method of claim 22, wherein the at least one plant ingredient is about 0.0001 wt% to about 50 wt% of the total weight of the composition.

25. A method of treating skin, hair and/or nail comprising topically applying to the skin, hair and/or nail the composition of claim 1 in an amount effective to  
5 prevent, ameliorate, inhibit and/or reduce signs of dermatological aging.

26. The method of claim 25, wherein the signs of aging are associated with one or more from the group consisting of  
10 fatigue, physiological stress, environmental stress, pollution, temperature changes, skin breakouts, solar radiation, and any combinations thereof.

27. The method of claim 26, wherein the signs of aging  
15 are one or more signs selected from the group consisting of fatigue, physiological stress, and environmental stress.

28. The method of claim 26, wherein the signs of aging are associated with one or more signs selected from the  
20 group consisting of pollution, skin breakouts, temperature changes, and/or solar radiation.

29. A method of treating stressed skin comprising topically applying to the skin an effective amount of the  
25 composition of claim 1.

30. A method of treating stressed skin comprising topically applying to the skin an effective amount of the composition of claim 16.